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There is one thing about the work over here I have discovered with surprise; no matter how much muddle and confusion—ten incapable people to do the work of one ordinary worker, and so on—there is no tension. That strained snapping-point moment that we all know, and dread, is *not*. It does not exist. “What must I do?” “What God wills.” They say this and it seems to have soaked through every-day life. “I am the Master of my fate,” “I am the Captain of my soul?” Not at all, say they, that way leads to nervous prostration, it’s too much responsibility. “*Molto Stentura*” (misfortune) has Italy, but it never crushes her.

HOUSEHOLD HYGIENE

By ISABEL McISAAC

I.

THE SITE OF THE HOUSE

A SCIENTIST recently said, “A good housekeeper is a woman who understands cooking and bacteriology;” which at first thought seems a narrow range of intelligence, but when one grasps the principles of chemistry concerned in cooking and the principles of bacteriology, it is soon very evident that the two sciences cover enormous fields, which include the simplest domestic duty as well as the most elaborate preparations for surgery.

Incredible as it may appear, there are still persons who criticise the teaching of bacteriology to nurses, but in spite of their protests the teaching has steadily increased, and there is every reason for thinking that within ten years bacteriology will be taught as much or more in every public school in the country.

Any woman who is at all familiar with good housekeeping cannot fail to be impressed, when she takes up bacteriology, with the really good technic which has prevailed in well-ordered households for generations; the cleanliness of food, clothing and furnishings was perhaps due to the æsthetic sense of our grandmothers, but some of us can recall hearing them express themselves, before the germ theory of disease was known outside of Pasteur’s laboratory, upon the sources of infection in tuberculosis and child-bed fever and upon the dangers from disease lurking in unclean beds and dish-towels. Their observance of the time-honored rite of house cleaning, especially in the spring, after the “shut-up” season, was not instituted upon any scientific knowledge they possessed, but certainly speaks volumes upon their insight into cause and effect.

They sterilized food for preservation and in times of epidemics of cholera they gave their families only freshly cooked (sterilized) food, and for generations they have sterilized the household linen. Men always require reasons for doing anything, but women do many things (rightly) by a sort of unflinching intuition.

The time has come, however, when women demand reasons, and are no longer satisfied to stumble, this being especially in evidence with nurses and housekeepers, who hold the household health largely in their hands.

An intelligent householder, in choosing a habitation in the country or town, will first consider the nature of the soil upon which it is built, avoiding low, heavy, wet soil which contributes dampness to the walls and often standing water to the basement or cellar. In cities this point need not always be considered, as in many cities the contour of the earth's surface has been altered by cutting down or filling in, and with a good system of sewerage standing water is practically unknown. Much more attention should be given to the outlook in choosing the site for a house; even in large, compactly built cities, there are advantageous or unpleasant features involved in a choice, which do not necessarily affect the price of the site, and one cannot fail to be struck by the lack of appreciation exhibited by the majority of persons in their selection of the site for a house. The corner of the block in a city or town is naturally more desirable and likewise more expensive; but if one may choose between the corner site and expensive furnishings let the choice be the corner; it will not be impossible to improve the furnishings later, but the advantages of sunlight and better outlook cannot be bought at a subsequent time.

The writer recalls a long street in an attractive town, along the top of a hill overlooking a charming stretch of valley, river, and lake, where every house on the valley side of the street has its back turned to the glorious view, and the brow of the hill is covered with stables, hen houses, etc., and all of the living rooms in every house overlook a narrow, dusty, commonplace street. The difference in effect upon every human being who looks out upon such a street and those who daily see a panorama of beautiful country cannot be estimated. It is not that we might all have a lovely vista, but that we are so dull as to turn our backs at what often lies at our very doors. In the country, one may see thousands of farm houses near rivers, lakes, or mountains, and ninety-nine out of every hundred are huddled up to the dusty highway, while stables and barnyards face the mountain or the water, and the rivers are used for dumping garbage.

The same lack of appreciation is exhibited in the choice of apartments and single rooms in the large cities; nurses in particular should seize every possible advantage in choosing the room or rooms where they will live while off duty. With the multiplicity of telephones and increased transportation facilities in most cities and towns, it is possible for nurses to find their habitations nearer the parks and suburbs, away from the dirty, noisy, congested centres of the cities, where the single window may look out at an alley or the blank wall of a court. Then let the windows face east, southeast, or south, preferably southeast, where the very early sun does not disturb the late sleep of the overtired nurse, and the room is flooded with sunlight in the middle of the day.

A house standing with its four corners to the points of the compass will have sunlight in every room at some hour of the day, which is one of the most important hygienic features in selecting the site for a habitation. Obviously it is only the rich or very well-to-do in cities who can afford such sites, but for those of limited means, which compel limited space, much forethought should be expended upon situating the house in a way to utilize the light and air to the best advantage.

There are millions of houses having dull, dismal rooms, which might have been bright and with a cheerful outlook if some one had given a few minutes thought to the subject. When sunlight and air become fashionable, like gilt chairs, cut glass vases, and lace curtains, think of the people who will have to spend their money to get what they might have had for nothing!

(To be continued)

A SUCCESSFUL CENTRAL REGISTRY

By LILY KANELY, R.N.

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SINCE December, 1906, the Central Registry for Nurses, established under the Graduate Nurses' Association of the District of Columbia, has been in successful operation and has been self-supporting from the beginning.

By giving an entertainment, a fund of \$200 was obtained to be used in furnishing and the extraordinary expenses of establishing and organizing; so that revenues might be used for current expenses alone, and the registry be free of debt or obligations.

Success was assured by several superintendents in town, who had maintained registries, each for the benefit of her own graduates, agreeing